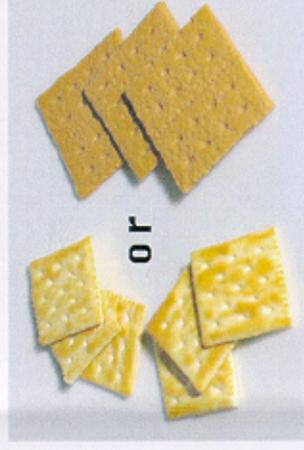


# How to Treat a Low Blood Sugar Level

1. You have low blood sugar when your blood sugar test result is below 70mg/dl.
2. Choose one of the foods below and eat the amount shown.
3. Each food amount is equal to 15 grams carbohydrate, which the body will turn into the sugar glucose.
4. Wait 15 minutes for the sugar glucose to get into your blood.
5. Test your blood sugar level again. If it is still below 70mg/dl, eat one more serving.
6. Repeat only until your blood sugar level is above 70mg/dl.



**Once you get your blood sugar level above 70mg/dl, think about why this happened.**

**More active than normal today?**

**Took too many pills or insulin?**

**Ate less at a meal or skipped a meal?**

**Sick and not eating or throwing up?**

**Low blood sugar can happen again soon,**

**so check your blood sugar more often over the next 2 days.**

**If this continues to happen, bring your blood sugar record for your doctor to review.**